

October 2024

Greater Springfield Senior Services, Inc.

RENAL MENU Updated 07/18/2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal analysis includes sugar-free juice and margarine <b>Key:</b> Cal= Calories Cholesterol= mg Fat= gm Fat Carb= gm Carbohydrate Na= mg Sodium	<b>1</b> Shepherd's Pie Cal:684 Steamed Peas Pro:36 LS Wheat Bread Na:374 Spiced Peaches K+:765 Phos:296	<b>2</b> Chicken Fajitas Cal:506 Onions & Peppers Pro:30 Yellow Rice Na:724 Flour Tortilla K+:580 Diet Cookies Phos:85	<b>3</b> Shrimp Scampi Cal:527 Tossed Salad w/Italian Pro:28 Spaghetti Noodles Na:627 LS Wheat Bread K+:379 SF Jello w/Topping Phos:102	<b>4</b> Chicken Broccoli Alfredo Cal:677 Steamed Spinach Pro:47 LS Wheat Bread Na:687 Chilled Applesauce K+:415 Phos:68
<b>7</b> American Chop Suey Cal:572 Roman Blend Veg Pro:27 LS Wheat Bread Na:339 Rice Krispie Treat K+:451 Phos:210	<b>8</b> Tuna Noodle Casserole Cal:600 Steamed Broccoli Pro:24 LS Wheat Bread Na:616 Apple Crisp K+:410 Phos:214	<b>9</b> Jamaican Jerk Chicken Cal:680 Steamed Spinach Pro:37 Coconut Rice Na:460 LS Wheat Bread K+:808 Mixed Fruit Phos:286	<b>10</b> Beef Stroganoff Cal:556 Brussels Sprouts Pro:21 Egg Noodles Na:381 LS Wheat Bread K+:530 Diet Cookies Phos:199	<b>11</b> Roasted Red Pepper Chx Cal:601 Tossed Salad w/Italian Pro:31 Penne Pasta Na:281 LS Wheat Bread K+:749 Fresh Fruit Phos:69
<b>14</b> <b>HOLIDAY- NO MEALS</b>	<b>15</b> Braised Pork w/Gravy Cal: 601 Steamed Peas Pro:25 Egg Noodles Na:327 LS Wheat Bread K+:724 Fresh Fruit Phos:84	<b>16 BIRTHDAY MEAL</b> Broccoli Cheddar Chicken Cal:577 Herbed Cauliflower Pro:26 ½ Sweet Potato Na:689 LS Wheat Bread K+:953 Diet Cupcake Phos:238	<b>17</b> Turkey Chili Cal:551 Asparagus Spears Pro:28 White Rice Na:296 LS Wheat Bread K+:896 Chilled Pineapple Phos:278	<b>18</b> Butter Crumb Fish Cal:621 Parslied Carrots Pro:24 Lemon Rice Na:632 LS Wheat Bread K+:546 Diet Cookies Phos:61
<b>21</b> Ravioli w/Chicken & Roasted Red Pepper Sauce Cal: 650 Pro:38 Italian Blend Veg Na:504 LS Wheat Bread K+:741 Diet Cookies Phos:191	<b>22</b> Chicken & Dumplings Cal:545 Tossed Salad w/Italian Pro:32 Butternut Squash Na:693 LS Wheat Bread K+:987 Chilled Applesauce Phos:212	<b>23</b> Mandarin Orange Turkey Cal: 541 Pacific Blend Vegetables Pro:28 White Rice Na:608 LS Wheat Bread K+:379 Mixed Fruit Phos:54	<b>24</b> Pot Roast w/Gravy Cal:723 Brussels Sprouts Pro:39 Egg Noodles Na:193 LS Wheat Bread K+:819 Fresh Fruit Phos:321	<b>25</b> Potato Pollock Cal:530 Coleslaw Pro:20 Steamed Corn Na:517 LS Wheat Bread K+:917 Mandarin Oranges Phos:112 Tartar Sauce
<b>28</b> Chicken w/Dijon Sauce Cal:612 Steamed Spinach Pro:31 Rice Pilaf Na:709 LS Wheat Bread K+:658 Fresh Fruit Phos:237	<b>29</b> Turkey Taco Bowl Cal:564 Tossed Salad w/Ranch Pro:33 Yellow Rice Na:465 Tortilla Chips K+:596 Chilled Pineapple Phos:238	<b>30</b> Swedish Meatballs Cal:735 Parslied Carrots Pro:31 Over Egg Noodles Na:598 LS Wheat Bread K+:832 Diet Cookies Phos:297	<b>31 HAPPY HALLOWEEN</b> Meatloaf w/ Cal:624 Mushroom Gravy Pro:28 Stewed Zucchini Na:414 Egg Noodles K+:683 LS Wheat Bread Phos:363 Diet Cookies	For more Information About menu nutrients call GSSSI Dietitian at 413-781-8806 X 1136 <b>Suggested voluntary Donation \$2.00 per meal Menu subject to change.</b>